

Effectiveness of Information Booklet on Knowledge Regarding Emotional Hygiene among Women

Veena D. Sakhardande

How to cite this article:

Veena D. Sakhardande/Effectiveness of Information Booklet on Knowledge Regarding Emotional Hygiene among Women/Int J Practical Nurs. 2023; 11(3):89-92.

Abstract

Abstract: Emotional hygiene is about noticing your feelings and tending to your psychological health, just as you would practice good physical hygiene with brushing your teeth or showering each day, you can also benefit from small daily practices that keep your mind balanced.

Purpose: The purpose of the study was to assess the effectiveness of information booklet on knowledge regarding emotional hygiene among women.

Method and Material: The study approach was aquantitative with study design pre-experimental study on women from the selected areas. The sample size was 120 women aged between 25-60 years, having full-time, part-time job & home makers. The sample selection technique was used non-probability purposive sampling technique. The tool used for data collection was a self-structured questionnaire that contained demographic variables in section I, section II related assessment of the knowledge regarding emotional hygiene before & after administration of of information booklet on emotional hygiene among wome. The written informed consent was taken from the participants prior to the data collection, in order to establish reliability of the tool, the inter-rater method was used.

Result: The result before administration intervention shows that, 49.1% of women had a good knowledge regarding emotional hygiene, 39.6% of women had an average knowledge regarding emotional hygiene and 11.3% of them with a poor knowledge regarding emotional hygiene where as after the intervention 77.7% of women had a good knowledge regarding emotional hygiene, 16.2% of women had an average knowledge regarding emotional hygiene and 5.9% of women with a poor knowledge regarding emotional hygiene. It also shows that there was significant association with education at 0.05 level of significance.

Author's Affiliation: Associate Professor & HOD, Department of Medical Surgical Nursing, Bharati Vidyapeeth (Deemed to be University), College of Nursing, Pune 411043, Maharashtra, India.

Corresponding Author: Veena D. Sakhardande, Associate Professor & HOD, Department of Medical Surgical Nursing, Bharati Vidyapeeth (Deemed to be University), College of Nursing, Pune 411043, Maharashtra, India.

E-mail: veena.sakhardande@bharativedyapeeth.edu

Received on: 04.09.2023

Accepted on: 15.10.2023

Conclusion: The information booklet on emotional hygiene was helpful and found effective to maintain emotional balance and a work life balance.

Keywords: Emotional Hygiene; Working Women; Knowledge; Information Booklet; Non-experimental Study Design.

INTRODUCTION

Emotions and Emotional hygiene are inter connected, very important aspect of mental health as compared with physical health. Doing What

Matters in Times of Stress: An Illustrated Guide is a stress management guide for coping with adversity. The guide aims to equip people with practical skills to help cope with stress. A few minutes each day are enough to practice the self help techniques. The guide can be used alone or with the accompanying audio exercises.¹

Just like you clean your teeth, you need to cleanse your emotions. Emotional hygiene refers to being mindful of our stresses, emotional traumas, suffering and pain. Adopt daily monitors to deal with psychological pain and wounds when you sustain them. Emotional hygiene, just like daily brushing of teeth, requires daily focus, time and energy. The Dalai Lama urges people to get rid of disturbing emotions like anger, frustration, anxiety.^{2,3}

Need of the Study

Women play a very crucial role in their personal and professional life, imagining a family without the presence of the women is absolutely impossible. Women are capable in every aspect, right from doing household activities and leading a family, to becoming an entrepreneur and leading an organization, to becoming a political leader and leading its people. Women have shown an extra ordinary performance in all this fields.^{2,3}

Emotional support is one of the major factors contributing to emotional hygiene as it helps to maintain a healthy and trust worthy relationship with others. When women are considered they are the ones who need emotional support than men. Emotional support from the family members and co-workers help women to relieve their stress, disappointments, anxiety, somatization, pain and make them to live a peaceful and smooth life. Studies have shown a significant relationship between emotional support and emotional intelligence.⁴

The prevalence rate shows that 26% of women were most prone to stress and 66% of them were some what prone to stress, 35% of women showed high anxiety level. Women are experiencing various performance biases in the work place when compared to other co-workers, and also married women are unaware about the importance of emotional hygiene as they lack decision making skills and problem solving method and sometimes are not able to cope up with situation. In this study, it was clear that the anxiety and somatization are high in adult women who are married. The main reason for these disorders is family history, perception of illness and hypertension. An important contributing factor for the somatization

disorder is menstrual problems, cardiac illness and history of surgeries. As dividing these factors, the components of anxiety were the status of being single, adverse life circumstances (such as drug use), sleep problems and history of surgeries. So women deserve immediate attention because they suffer a lot from emotional imbalance. A study conducted in the year 2019 makes it clear that 77% of married women are experiencing emotional imbalance.^{1,5}

Aim of the Study

The aim of the study was to assess the effectiveness of information book let on knowledge regarding emotional hygiene among women from selected areas of Pune city.

MATERIAL AND METHODS

The study approach was a quantitative with study design pre-experimental study on women from the selected areas. The sample size was 120 women aged between 25-60 years, having full-time, part-time job & home makers. The sample selection technique was used non-probability purposive sampling technique. The tool used for data collection was a self-structured questionnaire that contained demographic variables in section-I, section-II related assessment of the knowledge regarding emotional hygiene before & after administration of of information booklet on emotional hygiene among women. The written informed consent was taken from the participants prior to the data collection, in order to establish reliability of the tool, the inter-rater method was used.

RESULT

Section - I

Table 1: Demographic variable

Demographic Characteristics	N=120	
	Frequency	Percentage
Age		
21-30 yrs	14	12%
31-40 yrs	28	23%
41-50 yrs	65	54%
51-60 yrs	10	8%
61-70 yrs	3	3%
Education		
Primary school	11	9%
High school	34	28%
Graduate	42	35%
Postgraduate	29	24%

table cont...

Ph.D	4	3%
Type of family		
Joint	37	31%
Nuclear	83	69%
Occupation		
Private service	70	58%
Govt. service	16	13%
Self employed	18	15%
Farmer	3	3%
Home maker	10	8%
Retired	3	3%

Table 1 shows the age wise distribution of women i.e., majority 54% belong to the age group of 41-50 years. Marital status distributed as majority. Educational status distributed as majority 35% women were graduate. Type of family 69% nuclear, Occupations of majority of women in private sector were 58%.

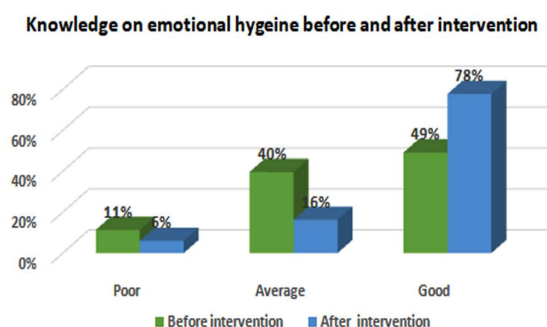


Fig. 1 & Table 2, The result before administration intervention shows that, 49.1% of women had a good knowledge regarding emotional hygiene, 39.6% of women had an average knowledge regarding emotional hygiene and 11.3% of them with a poor knowledge regarding emotional hygiene whereas after the intervention 77.7% of women had a good knowledge regarding emotional hygiene, 16.2% of women had an average knowledge regarding emotional hygiene and 5.9% of women with a poor knowledge regarding emotional hygiene. It also shows that there was significant association with education at 0.05 level of significance.

Section-II

N-120

Assessment of the knowledge regarding emotional hygiene before & after administration of information booklet on emotional hygiene among women.

Knowledge level	Before intervention	After intervention
Poor	11.3%	5.9%
Average	39.6%	16.2%
Good	49.1%	77.7%

DISCUSSION

The findings of the study were discussed with the objectives and hypothesis of the present study, which was under taken to assess the knowledge of emotional hygiene among women before and after intervention. 77.7% of women had a good knowledge regarding emotional hygiene, 16.2% of women had an average knowledge regarding emotional hygiene and 5.9% of women with a poor knowledge regarding emotional hygiene.^{6,7}

The findings of the study conducted in 2021 are similar to our present study, which shows that working women have greater work life balance, with 59.4% of them having high level of emotional intelligence.⁸

A self-made questionnaire was developed, and it was distributed to the group of working women. The findings show that 76% of these women receive enough support from their family members.⁹

CONCLUSION

The information booklet on emotional hygiene was helpful and found effective to maintain emotional balance and a work life balance.

Data Study Statement: This study manuscript contains all data generated and analyzed during this study.

Funding: This project was not funded by any of agency.

Conflict of Interest: The author certify that she have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

Ethical Approval: Ethical approval is given by Intuitional research & recommendation committee, Bharati Vidyapeeth (Deemed to be University), College of Nursing, Pune.

ACKNOWLEDGEMENT

Most sincerely convey our deep sense of gratitude to my participants & Bharati Vidyapeeth College of Nursing, Pune for remarkable guidance and academic support during this study. At last, we are grateful about the support and help we got throughout the research study from our authority, faculty teams, and management to accomplishing the research study successfully.

REFERENCES

1. Hasmukh M. Chavda, International Journal of Research and Analytical Reviews, Emotional maturity and Mental Health Among Working and Non - Working Women, Issue 1, Volume 5, March 2018, Page No. 6-8.
2. Shivani Enugomla, Veena S, Vaishnavi K. *et al.*, "A Comparative study to assess the knowledge regarding Dental Status among the children in selected rural and urban areas." International Journal of Early Childhood Special Education (INT-JECSE) DOI: 10.9756/INTJECSE/V14I1.337 ISSN: 1308-5581 Vol 14, Issue 01 2022 PP:2833-2837.
3. Pinal A Patel *et al.*, National Library of Medicine, impact of occupation on stress and anxiety among Indian women, 2017 march 57(3).
4. Anamika Shrivastava, quasi - experimental study to assess the effectiveness of intradialytic aerobic exercises on muscle cramps among patients undergoing hemodialysis in selected hospitals of Pune City, International Journal of Health Sciences, 6(S5), 5971-5975.
5. Tryambake, the Nursing Journal of India, A study to assess stress level, coping strategies and quality of life among women suffering from chronic diseases from selected hospitals of Pune City, ISSN 0029-6503, July - August 2019 Vol. Cx No. 4, pp -184-188.
6. Elizabeth, Veena, *et al.*, "The knowledge regarding emotional hygiene among working women from selected organizations, European Chemical Bulletin ISSN -2063-5346 May 2023,12(4), 2118-2125.
7. Ankita U. Nalawade, Veena, *et al.*, "A Descriptive Study to Assess the Knowledge Regarding Government Health Schemes Among People in Selected Rural Areas of Pune District", the Journal of Oriental Research Madras ISSN : 0022-3301 | July 2021 175 -179.
8. Ankita U. Nalawade , veena *et al.*, "A Descriptive Study to Assess the Knowledge Regarding Government Health Schemes Among People in Selected Rural Areas of Pune District", the Journal of Oriental Research Madras ISSN: 0022-3301 | July 2021 175 -179.
9. Maibam Anjubala and Sakhardande, A comparative study to assess the effectiveness of demonstration vs video assisted teaching on knowledge and practices regarding ECG among staff nurses working in the critical care unit from selected hospitals of Pune city. The pharma innovation Journal, SSN (E): 2277-7695 ISSN (P): 2349-8242 NAAS Rating: 5.03TPI 2021; 10(1): 467-475.